

STEIN NEIGHBORHOOD SENIOR CENTER

LUNCH MENU- APRIL 2019 LUNCH TIME: 12:00-1:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FROZEN
1	2	3	4	5	
Citrus Sesame Crusted Salmon Wild Rice Broccoli and Red Peppers Tossed Salad with Dressing	Soup: Chicken Barley/Vegetable Cheeseburger with Onions WW Hamburger Baked Fries Green Bean Sautee	Honey Mustard Chicken Breast Orzo Vegetables Spinach, Apple and Red Onion Salad	Turkey Meatballs Spinach & Basil Pesto Whole Wheat Spaghetti Steamed Carrots	Vegetable Baked Ziti WW Pasta Garlic Bread Sautéed Spinach	Chicken Parmesan Spaghetti Kale with Tomato
8	9	10	11	12	
Chicken and Broccoli Stir Fry White Rice Oriental Blend	BBQ Pulled Pork Cole Slaw Sweet and Tangy Sautéed Collard Greens	Egg Drop Soup Pepper Flank Steak Egg Noodles Broccoli with Toasted Garlic	Whole Roasted Chicken WW Roll California Blend Vegetables Cheddar and Potato Bake	<u>Seder Plate</u> Hard Boiled Egg Horse Radish Charosed Romain Lettuce Leaf Grape Juice <u>Passover Luncheon</u> Bake Chicken Roasted Potato String Beans	Baked Chicken Quarters Tomato Sauce Steamed Broccoli Steamed Carrots
15	16	17	18	19	
Chicken Parmesan Fettuccini with Sauce Sautéed Spinach	Stuffed Shells with Cheese Garden Salad	Soup Broccoli & Potato Chicken Salad WW Roll Carrot Apple Raisin Salad Herb Potato Salad with Mustard Vinaigrette	Oven Baked Pork Chops Brown Rice 1 cup Chinese Style Bok Choy	Coconut Curried Cod Fish Baked Red Potato Wedges California Blend Vegetables	Chicken Breast White Rice Broccoli with Toasted Garlic
22	23	24	25	26	
Soup Minestrone Deluxe Cheeseburger with Onions WW Hamburger Bun Arugula Salad with Balsamic Vinegar Baked Sweet Potato	Broccoli Cheese Quesadilla Mexican Confetti Rice Tossed Salad with Dressing	BBQ Chicken Leg Quarters Baked Macaroni and Cheese Whole Kale with Tomato	Ground Beef Stuffed Bell Peppers with Cheese WW Roll Cauliflower with Carrots and Parsley	Lemon Salmon Pasta Salad Beet Salad Mixed Green Salad	Mushroom, Red Pepper and Onion Sauté Turkey Meatloaf Rice Pilaf Steamed Broccoli
29	30	MAY-1	MAY-2	MAY-3	
Soup Chicken Noodle Beef Meatloaf with Mushroom Gravy WW Roll Baked Potatoes Steamed Spinach	Vegetable Lasagna Garlic Bread Salad Baby Spinach	Chicken Caprese WW Roll Herb Potato Salad with Mustard Vinaigrette Red Cabbage Salad	BBQ Beef Ribs Roasted Zucchini Steamed Corn on the Cob	Homemade Breaded Fish Cauliflower Stuffing Steamed Carrots	Chili con Carne Rice with Vegetables Green Bean Sautee

- THE LUNCH MEAL IS SUBJECT TO CHANGE
- ALL LUNCHESES CONTAIN A COLD PACK-1% MILK, FRUIT, JUICE
- ALL AGE 60 & OVER WILL NOT BE DENIED A MEAL, IF NOT ABLE TO GIVE \$2.00 SUGGESTED DONATION
- AFTER 1PM- IF ANY FOOD IS LEFT OVER- GUEST UNDER AGE 60, WISHING TO EAT...ARE REQUIRED TO PAY \$5.00